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Temp gets cancelled

After a very bad day at the office, Shannon copes via grape popsicles and a Kate Winslet DVD marathon — when a knock comes at the door

PAGE 10

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Kings of the Queen City

Quarterback Darian Durant of the Saskatchewan Roughriders hoists the Grey Cup following their 45-23 win over the Hamilton Tiger-Cats in the 101st Grey Cup at Regina's Mosaic Stadium on Sunday. SEE STORY ON PAGE 21

JEFF GROSS/GETTY IMAGES

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Stay Classy

Will Ferrell as Ron Burgundy in Anchorman 2: The Legend Continues. CONTRIBUTED

Will Ferrell as Ron Burgundy to cover Tim Hortons Roar of the Rings

Winnipeg, get ready for some legendary curling coverage.

A new ad featuring Will Ferrell as his famous character anchorman Ron Burgundy, shows Burgundy drinking coffee from a Tim Hortons mug after spouting "Winnipeg, get ready to paint the town burgundy."

The ad then says that Ron Burgundy will be in town as a "special correspondent" for TSN for the Tim Hortons Roar of the Rings on Dec. 1.

TSN said on Friday that the character would be working for them in some capacity in December, but was trying to keep the exact details secret until the Grey Cup Game broadcast. However, the YouTube video popped up Sunday morning.

It was set back to private before the broadcast, but not before racking up hundreds of views and setting media a-twitter.

Ferrell has been in high promotional gear over the past few months to promote Anchorman 2: The Legend Continues, which is slated for release on Dec. 20. METRO

Renewed calls for police HQ audit made at meeting

Project. Coun. Jenny Gerbasi repeatedly made her case for an audit

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A meeting meant to provide more information on the cost overruns on the Winnipeg police headquarters has instead renewed calls for an audit.

Members of the downtown development committee chose not to support or oppose on Friday a request by the city's administration for another $17.2 million for the project, which had a guaranteed maximum price (GMP) of $193 million, putting the price tag at $210 million.

However, the request continues on to executive policy committee and, depending what happens there, would likely move on to the next full city council meeting on Dec. 11.

Colin Craig, Prairie director of the Canadian Taxpayers Federation, said Mayor Sam Katz's claim that the report contains all of the answers doesn't hold water.

"So people have to call their councillors and urge them to push for an audit so that the public can get answers, cause the building stinks and it's going to continue to stink until we find out what exactly happened."

Coun. Jenny Gerbasi repeatedly made her case for an audit during the meeting, stating that her support of the $17.2 million extra was conditional on the audit.

She also challenged her fellow committee councillors — Coun. Mike Pagtakhan and Coun. Jeff Browaty — to back a call for an audit in the future, not oppose it like they did at the Nov. 20 council meeting.

Browaty said he wasn't against an audit but felt the answers wouldn't be known for a year, which doesn't help the process in the short-term.

The executive policy committee member also had harsh words for city officials and those involved in the project.

"I'm saying that the public service misled this council in terms of what was and what was not included in the GMP," he said.

Mike Ruta, the city's chief financial officer, project manager Ossama AbouZeid, and Randy Benoit, a member of the steering committee and police staff, defended the project, stating that the cost-per-square-foot of the headquarters will still come in lower than the recently built East and West district stations.

Coun. Jeff Browaty said during the meeting that those involved with the Winnipeg police HQ project "misled" council. BERNICE PONTANILLA/METRO

New police station now open

Mayor Sam Katz, police chief Devon Clunis and Coun. Paula Havixbeck open the new West District Police Station at 2321 Grant Ave., Friday, which replaces the aging District 2 and District 6 stations on Lyle Street and Pembina Highway. The station is open to the public daily from 8:30 a.m. to 6:30 p.m. COURTESY CHRISD.CA

Ribbon-cutting ceremony.

Stephen Harper opens CentrePort Canada Way

As photo opportunities go, it wasn't the most glamorous.

Prime Minister Stephen Harper and Premier Greg Selinger stood at the entrance of a Winnipeg highway Friday and cut a ribbon as the wind chill hovered near -20 C.

The ceremony marked the official opening of a nine-kilometre, four-lane road, named CentrePort Canada Way, that connects an industrial transportation park with the perimeter highway around Winnipeg.

The federal and Manitoba governments committed a combined $212 million for the project. METRO

Premier Greg Selinger, left, CentrePort CEO Diane Grey and Prime Minister Stephen Harper open CentrePort Canada Way Friday. SHANNON VAN RAES/FOR METRO

WITH FILES FROM THE CANADIAN PRESS

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First Nations exposed to toxins

Pollution hot spot. 40 per cent of Canada's chemical industry is clustered at the southernmost tip of Lake Huron between Ontario and Michigan

A new study is drawing attention to the health problems being faced by a First Nations community living near one of Canada's most industrialized areas.

Members of the Aamjiwnaang First Nation living on a reserve near Sarnia have long suspected harmful chemicals were behind an unusually low male birth rate and slew of other reported health issues.

Now, tests performed by a McGill University professor suggest mothers and children are being exposed to higher-than-average levels of harmful hormone-blocking pollutants.

While the study doesn't prove that the pollutants are to blame for earlier research that found baby girls outnumbered boys by a two-to-one ratio in the community, it does suggest a possible link.

The reserve at the centre of the study is located near a patch of southern Ontario that some environmental activists call "chemical valley."

There are 60 industrial facilities found within a 25 kilometre radius of Aamjiwnaang lands.

"It's the first study to really show that mothers and children in the area are exposed to a number of pollutants," said Niladri Basu, a McGill professor and the study's lead author.

More detailed research is needed to establish a connection between pollutants, health risks and the surrounding environment, Basu said.

Residents of Aamjiwnaang have been calling for such a study for years, though a lack of funding continues to impede more detailed research.

Ada Lockridge, who helped found Aamjiwnaang's environmental committee, said pollution is a fact of life for the reserve's roughly 800 residents.

Health problems

A 2006 community survey by Aamjiwnaang's environment committee cited a number of health issues, including miscarriages, chronic headaches and asthma.

- Forty per cent of band members surveyed required an inhaler.

Like others in the community, Lockridge keeps a special plastic bucket — as part of a group known as the "bucket brigade" — to collect environmental samples that can be tested for toxins whenever the air seems especially poor. The results are sent to a U.S.-based monitoring organization.

"It's a beautiful place, but there is all kinds of industry close by," she said.

According to Lockridge, the evidence continues to mount in favour of stricter environmental controls in the area.

"Everything we do gets us a little further, but it's moving very slowly," she said. "Every study we've ever done, people say, 'this is cause for concern,' but more studies need to be done."

For the recent McGill study, 43 mother-child pairs from the community were tested for environmental pollutants. Blood, urine and hair samples were taken from those who participated.

Exposures were higher-than-average for chemicals such as cadmium, possibly mercury, and polychlorinated biphenyls or PCBs.

Potential sources of the chemicals are industry, the general environment, and the home. It's not conclusive which is to blame in this case.

PCBs are used in industrial applications such as coolants in transformers and motors and have been largely banned, although they can remain in the environment for years.

Previous studies of other populations have linked exposure to PCBs with low male birth rates. THE CANADIAN PRESS

Old bones

Vatican displays remains said to belong to St. Peter

The Vatican publicly unveiled a handful of bone fragments on Sunday purportedly belonging to St. Peter, reviving the scientific debate and tantalizing mystery over whether the relics found in a shoebox truly belong to the first pope.

The nine pieces of bone sat nestled like rings in a jewel box inside a bronze display case on the side of the altar during a mass commemorating the end of the Vatican's yearlong celebration of the Christian faith. It was the first time they had ever been exhibited in public.

THE ASSOCIATED PRESS

London dishoveled by first big snowfall

Evelyn McLean, a third-year MIT student at London's Western University, clears the sidewalk in front of her house. Parts of Ontario got their first real blast of winter on the weekend, with London seeing 30 centimetres of snow, forcing the city to shut down its community centres and pools. MARK SPOWART/FOR METRO IN LONDON

Catch-22. Legal pot in U.S. could spell trouble for Canadian travellers

Todd Spaits believes his home state of Washington could one day be the Amsterdam of the United States, with everyone from die-hard pot heads to the curious but uninitiated visiting for the novelty of legally buying and smoking marijuana.

And Spaits, who has already applied for a licence to open a retail store in the Seattle area once the state implements its legalization scheme, hopes Canadians will be among his customers.

But legal experts warn anyone heading into the United States planning to indulge in legal marijuana could run into problems if they disclose those plans at the border, with customs officers who enforce federal, not state, laws able to use information about travellers' pot-smoking habits to turn them away or even bar them from entering indefinitely.

A man smokes cannabis in a coffee shop in Amsterdam. Will new laws make Washington state the U.S. equivalent?

JASPER JUINEN/GETTY IMAGES FILE

THE CANADIAN PRESS

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SHOPPERS DRUG MART

Iran's President Hassan Rouhani kisses the head of Armita, the daughter of Iranian researcher Darioush Rezaeinejad, who was assassinated in 2011 after Iran and world powers came to an agreement in Geneva on its nuclear program.
MOHAMMAD BERNO/THE ASSOCIATED PRESS/IRAN'S PRESIDENCY OFFICE

Iran agrees to curb nuke activity

Breakthrough deal. Iran commits to freeze its nuclear program for six months; allows time to negotiate a better deal

Iran struck a historic deal Sunday with the United States and five other world powers, agreeing to a temporary freeze of its nuclear program in the most significant agreement between Washington and Tehran in more than three decades of estrangement.

Iranian President Hassan Rouhani endorsed the agreement, which commits Iran to curb its nuclear activities for six months in exchange for limited and gradual sanctions relief, including access to $4.2 billion from oil sales. The six-month period will give diplomats time to negotiate a more sweeping agreement.

It builds on the momentum of the public dialogue opened during September's annual UN gathering, which included a 15-minute phone conversation between President Barack Obama and moderate-leaning Rouhani, who was elected in June.

The package includes freezing Iran's ability to enrich uranium at a maximum five per cent level, which is well below the threshold for weapons-grade material and is aimed at easing Western concerns that Tehran could one day seek nuclear arms.

Obama hailed the pact's provisions, which include curbs on Iran's enrichment and other projects that could be used to make nuclear arms, as key to preventing Iran from becoming a nuclear threat.

"Simply put, they cut off Iran's most likely paths to a bomb," he told reporters.

For Iran, keeping the enrichment program active was critical.

Iran's leaders view the country's ability to make nuclear fuel as a source of national pride and an essential part of its insistence on nuclear self-sufficiency.

THE ASSOCIATED PRESS

Skeptical

Baird takes tough stance on new deal

The Canadian government was "deeply skeptical" on Sunday of Iran's agreement to temporarily freeze its nuclear program, saying Ottawa's sanctions against the regime would remain firmly in place until the new deal's words turn into actions.

Foreign Affairs Minister John Baird took a stronger stance on the newly brokered deal than the United States and other allies, saying Canada would be watching Iran closely.

"We have made-in-Canada foreign policy," he told reporters on Sunday.

"We think past actions best predict future actions ... simply put, Iran has not earned the right to have the benefit of the doubt," said Baird.

THE CANADIAN PRESS

Strange bedfellows

Israel and Western-allied Gulf countries led by Saudi Arabia have formed an unlikely alliance in their opposition to Sunday's deal, joined together by shared concerns about a nuclear-armed Iran and Tehran's growing regional influence.

- Israel's PM harshly condemned the deal and Saudi Arabia remained conspicuously quiet.
- Israel's Benjamin Netanyahu said the world had become a "more dangerous place" as a result of the deal.

Law curtails gatherings in divided Egypt

Egypt's interim president on Sunday banned public gatherings of more than 10 people without prior government approval, imposing hefty fines and prison terms for violators in a bid to stifle the near-constant protests roiling the country.

The new law is more restrictive than regulations used under the rule of autocrat Hosni Mubarak, overthrown in Egypt's 2011 uprising that marked the start of unrest in the country.

Rights groups and activists immediately denounced it, saying it aims to stifle opposition, allow repressive police practices and keep security officials largely unaccountable for possible abuses.

"The law is giving a cover to justify repression by all means," said Bahy Eddin Hassan, head of the Cairo Institute for Human Rights Studies, one of the local groups that had campaigned against the law.

The military-backed government first floated the law in October. Interim President Adly Mansour approved a slightly amended version Sunday, which removed a proposed ban on sit-ins and a draft portion criminalizing "insulting the state."

The law requires three-day prior notice for protests. It grants security agencies the right to bar protests or gatherings, including election-related meetings of political parties, if they deem it a threat to public safety or order.

Shaima Awad, a member of the Muslim Brotherhood's political party, said protests would continue, calling the law "nonsense."

A similar law to regulate protests was hotly contested when Islamist President Mohammed Morsi was in office. It never passed.

The new law also bars gatherings in places of worship.

THE ASSOCIATED PRESS

Demonstrators throw rocks at security in Cairo on Friday. THE ASSOCIATED PRESS

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Waging a war against the F-bomb

fbomb.co.
Twenty-two-year-old student hopes site will get Twitter users to think before swearing

It gets dropped without warning and can strike anywhere in the world, laying waste to rational arguments and leaving a trail of offended sensibilities in its wake.

But the linguistic threats posed by the F-bomb on Twitter pale in comparison to its entertainment value, according to a Canadian computer science student who has made it his mission to track the global prevalence of this word-based weapon on the social-networking site.

Martin Gingras' fascination with the popular profanity prompted him to create fbomb.co, a website that tracks the use of the word in real time.

By combining features from two of the web's most widely used applications — Google Maps and Twitter — the site allows readers to observe where in the world F-bombs are falling. THE CANADIAN PRESS

A young Emily Post?

Martin Gingras said his personal distaste for swearing may have given his otherwise light-hearted venture a bit of an agenda after all.

- "It's more of an entertainment thing, but once people are on it, hopefully they read through a couple and realize how ridiculous it sounds."

Learning from wise old owls

Inspired by a collection of Canadian owl feathers, an international team of engineers is studying the nocturnal birds of prey, hoping the mystery of their stealthy flight might lead to improvements in the design of everything from aircraft to submarines. THE CANADIAN PRESS

New frontier. Warship the first in U.S. to boldly use electric propulsion

Captain Kirk's futuristic-looking vessel sports cutting-edge technology, new propulsion and powerful armaments, but this ship isn't the Starship Enterprise.

The skipper of the stealthy Zumwalt is Navy Capt. James Kirk, and yes, he's used to the jokes about the name he shares with the TV starship commander played by William Shatner.

Kirk takes it in stride.

"I don't take any offence," he told The Associated Press in an interview. "If it's a helpful moniker that brings attention to help us do what we need to do to get the ship into the fleet and into combat operations, then that's fine."

While it's no starship, the technology-laden Zumwalt taking shape at Maine's Bath Iron Works is unlike any other U.S. warship.

The Navy's largest destroyer will feature a composite deckhouse with hidden radar and sensors and an angular shape that minimizes its radar signature. It's the first U.S. surface warship to use electric propulsion, and its power plant is capable of producing enough electricity to light up a small city and to power future weapons like the electromagnetic rail gun. THE ASSOCIATED PRESS

The next generation of warship: the stealthy Zumwalt destroyer moored at Bath Iron Works, in Bath, Maine. ROBERT F. BUKATY/THE ASSOCIATED PRESS FILE

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Canada's seal hunt

WTO to rule on seal products

Advocates and critics of Canada's commercial seal hunt will be watching Monday as the World Trade Organization rules on the European Union's ban on imported seal products.

It's a case that affects hunters in Atlantic outports and Inuit communities who say the embargo unfairly discriminates against seal products from Canada.

The ban has been hailed by animal-welfare activists and has drawn Hollywood star power from the likes of actors Jude Law and Pamela Anderson, who want it upheld. THE CANADIAN PRESS

Random biz fact of the day

16

On average, job seekers use 16 different sources when searching for a job.
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Failed '1:12 initiative.' Switzerland rejects plan to cap top managers' pay

Swiss voters soundly rejected on Sunday a proposal to limit the pay of companies' highest-paid managers to 12 times that of their lowest-paid workers, a plan that business leaders had warned could weaken the prosperous nation's economy.

Initiatives need a majority of both voters and cantons (states) to pass in a referendum; by Sunday afternoon, 20 of the 26 cantons had voted against. THE ASSOCIATED PRESS

Golden hellos and goodbyes

Sunday's referendum came after participants in a March vote voiced anger at perceived corporate greed by deciding to boost shareholders' say on executive pay and ban one-off bonuses known as "golden hellos" and "goodbyes."

France. Riders say neigh to riding school tax hike

Thousands of riding enthusiasts, many atop ponies, are protesting a sales tax increase they say will make riding lessons too expensive and force many schools to close.

In January, France plans to nearly triple the value-added tax on riding schools to bring it in line with EU regulations. But the move has angered horse people, who complain that it will erode an important piece of rural culture, already struggling to recruit enough clients in a poor economy.

On Sunday, thousands paraded through Paris along with hundreds of ponies and a few horses, carrying signs criticizing President Francois Hollande, whose proposals to increase several taxes regularly attract such protests.

The riders won the Senate's backing last week when it voted to leave the rate unchanged for riding schools. THE ASSOCIATED PRESS

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 16

metronews.ca/temp

Worker satisfaction

Maybe we don't have it so bad

Canada has some of the most satisfied workers compared to the rest of the world, according to a recent survey by Monster.ca.

Canada tops the chart with 64 per cent of workers saying they love or like their job, followed by the Netherlands (57 per cent), India (55), the United States (53) and the United Kingdom (46).

PHOEBE HO/FOR METRO

ISTOCK

Skill acquisition

Ready and willing to learn

Canadian workers are willing to learn a new skill set to open up opportunities, according to Hays Canada's What People Want 2013 survey, with 88 per cent saying they are either planning to or will consider acquiring new skills to take advantage of shortages in other industries.

PHOEBE HO/FOR METRO

Temp Gets Fired!

Here's the thing: I've been fired before and couldn't have cared less, but getting fired from TWK stung.

"You let yourself get attached, Shanny," said my sister Amy. "The No. 1 law of temping: Never bond." She was helping me self-medicate with grape popsicles and a Kate Winslet DVD marathon. I was in pajamas at four in the afternoon and my life had devolved into the third panel of a Cathy cartoon where she stares into the void and emotionally implodes. "The only reason anyone hires anyone is to help them make money. The moment you can't do that, they'll chew your face off and toss the remains into a dumpster."

"That's not true. I liked it at TWK."

"Have you tried calling Mr. Shoeman?"

"He's on an energy retreat in the countryside."

"China has a countryside?"

"You're right. He's probably at World Extreme Cageboxing."

"What about Kyle?"

"He showed up to take Sarah to lunch just as I was leaving. I couldn't talk to him. God only knows what Sarah told him about me."

"Shannon, how do you think Kate Winslet manages to always lose weight?" Amy's attention span is limited. Discussion of my temping was over.

The doorbell rang. I live in a basement suite and it's not the easiest place to find, so for someone to locate me takes work. I opened the door: It was Sarah No. 1, so I closed the door, but she started banging on it. "Let me in! Shannon, I was horrible! I deserve this! Let me explain!"

I opened the door. "Explain what?"

"I just got fired."

"So what? I'm waiting for whatever it is you're going to explain."

"Let me come in?"

"Oh God. All right. Shoes off. Would you like a grape popsicle?"

She came into the TV area and I introduced her to Amy. "We're having a Kate Winslet marathon." Amy hit pause.

Sarah looked at the frozen frame. "How does that woman always manage to lose weight so regularly?"

"Excuse me, Sarah — my explanation?"

"There is no explanation. I came here because I couldn't think of anyone else to visit. I have no friends. They all got married and this would just make them happy about their decision to do so."

"So you came to me because I'm a failure and won't judge you harshly?"

"To be honest, sort of. Yeah. You seem like your head's screwed on right. I like the way you never took crap from anyone at TWK — and your 'random fact of the day' was always funny. And yesterday I got to see the human side of you."

"I like the way you never took crap from anyone at TWK — and your 'random fact of the day' was always funny."

"I'm deeply flattered." The three of us sat there in silence and then I figured it out: "Wait — you just want to know what my secret plan is so that you can get in on it."

"Well, yeahhhh!"

I paused a second. "OK."

TO BE CONTINUED...

Random fact of the day

What a buzz kill.

- Elephants use skin folds on their backs to crush mosquitos. SOURCE: PICSTACHE.COM

Random biz fact of the day

47%

Almost half of recruiters say candidate compensation increased from 2011 to 2012.

SOURCE: WORKOPOLIS

iamtemp

WE HEART IT/TUMBLR

TEMP iz on Tumblr

Follow iamtemp on Tumblr for random musings on all things TEMP, from zombie pandas and choose-your-own surf & turf to Ron Swanson lunchables, raccoon dance parties and Lego doctors battling the NoroVirus (in German, of course). Plus, find sneak peeks of future episodes of TEMP. Check it out at iamtemp.tumblr.com.

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FORD OR KATZ: WHO'S MORE ELECTABLE?

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

One is the bombastic mayor of Canada's largest city. His occasional crack smoking, frequent drunken "stupors," confessions about drinking and driving, chronic foot-in-mouth disease and friendships with alleged drug dealers have made him the world's most notorious civic leader.

The other is the mild-mannered mayor of a mid-sized city. His only international fame came when he accidentally kicked a kid in the head during a soccer game, and when he deliberately gave the key to the city to Gene Simmons. However, his handling of major construction projects and friendships with alleged chief administrative officers have made lots of local headlines.

So given their recent troubles, who is more electable next fall: Toronto's Rob Ford or Winnipeg's Sam Katz?

To distant observers, the question might seem outrageous. While Katz has been touched by several scandals, at least he hasn't been the subject of police investigations or the butt of late night TV jokes. He has to be a more viable candidate for re-election than Ford, right?

Wrong.

Despite Ford's antics, a poll by Forum Research released last week shows that 42 per cent of Toronto residents approve of the job he is doing as mayor, and 33 per cent say they'll still vote for him in the next election.

This is "Ford Nation," the conservative base of voters who helped elect Ford on his promise to "end the gravy train" at city hall. They don't care about his personal problems, because they still believe he's the best person to manage the city's finances and get back to the basics of government. That strong base gives him a viable shot at retaining his job.

Katz has enjoyed support from a similar group in each of his three previous elections. While there's no "Katz Nation," he was elected and re-elected based largely on his reputation as a successful businessman. Voters thought he was the best choice to run the business of the city, keep taxes low, and make smart investments in basic infrastructure.

But unlike Ford's issues, Katz's problems very much threaten his base of support heading into next October's civic election. The fire hall audit showed the city is not being managed effectively, and cost overruns on the police headquarters look even worse. The hiring of Katz's friend Phil Sheegl as CAO proved to be a mistake. Taxes have gone up. And the roads and sewers continue to fall apart.

Katz's potential opponents clearly sense weakness. Former centre-right Coun. Gord Steeves already announced he's running, and Coun. Scott Fielding has quickly carved out a niche as a potential conservative option for mayor: Opposing tax increases, objecting to new development charges and asking for a referendum on rapid transit expansion. These policies will appeal to many former Katz supporters.

Katz hasn't said yet if he's running again next year. But if he thinks he can win again without taking significant steps to re-establish his base, then even his own supporters are going to wonder what the mayor has been smoking.

ZOOM

High alert for Mount Sinabung

DEDY ZULKIFLI/THE ASSOCIATED PRESS

Indonesian volcano repeatedly erupts

Mount Sinabung spewed volcanic material as seen from Karo, North Sumatra, Indonesia, on Sunday. Indonesian authorities raised the alert status for one of the country's most active volcanoes to the highest level after the mountain repeatedly sent hot clouds of gas down its slope following a series of eruptions in recent days. THE ASSOCIATED PRESS

How high?

2,600m

The 2,600-metre-high mountain has sporadically erupted since September after being dormant for three years. Mount Sinabung unleashed fresh volcanic ash and gravel as high as 5,000 metres and searing gas down its slope up to two kilometres, said a government volcanologist, Surono, who like many Indonesians uses one name.

Villages evacuated amidst ash, smoke

About 12,300 evacuees from eight villages around the mountain were packed Sunday in crowded government camps away from the fiery crater, while more than 6,000 others fled earlier to temporary shelters in 16 safe locations, said National Disaster Mitigation spokesman Sutopo Purwo Nugroho.

The volcano's last eruption, in August 2010, killed two people and forced 30,000 others to flee. It caught many scientists off guard because it had been quiet for four centuries.

Mount Sinabung is among around 129 active volcanoes in Indonesia, which is prone to seismic upheaval due to its location on the Pacific Ring of Fire, an arc of volcanoes and fault lines encircling the Pacific Basin.

THE ASSOCIATED PRESS

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Nearly a month after Instagram opened its virtual doors to paid advertising, sponsored posts have likely been popping up in your feed. Not that brands weren't welcome before, but pre-monetized Instagram, brands were treated the same as any other shmoe posting filtered pics. Now, with cash pushing photos through your feed, here's a look a some brands making their way into your screen:

MICHAELKORS/INSTAGRAM

Michael Kors:

Posted three weeks ago, Michael Kors was one of the first brands to take advantage of the new setup. Using #MK-Timeless, their 'pampered in Paris' post (pictured) has been liked 230,000 times. While many Instagrammers were not so pleased with pampered in Paris, the brand did gain between 33,000 and 34,000 new followers in 18 hours. #StreisandEffect?

General Electric:

I know, I know jet engines hardly seem the type to get all filtered up and passed around. But the Boeing's #GE90 pic was liked 59,000 times. Jets, who knew?

Burberry:

Though they've been posting since the early days of Instagram, rumour has it, they're now using sponsored content (disclosure: I have not seen it yet). While I can say with certainty I'm not Burberry's target market, I have to admit their photo stream is creative (and pretty).

Twitter

@metropicks asked: Where in the world is the F-bomb dropping? One Ottawa student tracks its use at fbomb.co. When do you tweet profanity?

@robin_writing: this is pretty cool- it really is all about context

@thatguy666: reminds me of http://alotsafari.com/ just using another word.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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Ebooks

The Things They Carried

By. Tim O'Brien

Audible.com

MIND THE APP
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Produced by Tom Hanks, this collection of Vietnam war stories explores the personal artifacts and memories carried by soldiers as coping strategies, superstitions and habits of endurance. Bryan Cranston (Breaking Bad) narrates, capturing with perfect attitude a cast of voices gruff with uncertainty, panicked by youth and haunted by loss. These are personal journeys, unexpected and masterfully told.

Box office

Money to burn

The Hunger Games sequel Catching Fire opened with $161.1 million at the box office, narrowly besting the original film and setting a record for a November opening. The result, from studio estimates Sunday failed to dethrone the year's biggest box-office opening of $174 million for Iron Man 3. But it did best the previous top November opening of $142.9 million by Twilight Saga: New Moon. THE ASSOCIATED PRESS

Winona Ryder stars in Homefront, which opens Wednesday. CONTRIBUTED

Ryder on the Homefront

Arm candy role.
Actress talks Lou Reed and being a biker chick in her latest film

NED EHRBAR
Metro World News in Hollywood

Sure, Winona Ryder has a movie to promote — the Jason Statham-starring Homefront — but she'd much rather talk about Lou Reed, if that's OK. "I was supposed to see it (Homefront), but then Lou Reed died and I had to go to his memorial. And you know, I just haven't been able to. But I usually see something before talking about it," Ryder says with a laugh. "And it's also my first 'this' kind of movie."

The movie she speaks of is about a former drug enforcement agent who moves to a seemingly-idyllic town with an underbelly of drugs and violence. But before discussing the flick, Ryder has some things to say about Reed.

I've heard (Lou Reed) was one of the toughest people to interview.
Ethan Hawke — who worshiped him — met him somewhere and they were somehow exchanging numbers. Ethan was giving him his number and it was a 917 (a New York area code) number — it was right when (those were new) — and he said Lou was like, "What?" Like he was too cool for the new area code. Ethan was mortified, but it was kind of like, "He's Lou Reed. He can think that that's not cool."

You mentioned this is your first of "one of these kinds of movies." What was behind the decision?
Well, part of it was that I'd never done anything like this. I was kind of surprised they offered it to me. It kind of read like arm candy — which was kind of appealing to me. "Eh, I'm just a biker chick, arm candy in one of these movies. I've never done that, it could be fun!" And then also just honestly a big pull was James (Franco) because we're friends. I was like, "Are you really going to do this Homefront thing?"

You do come off as more interesting than just arm candy.
Oh good. It's just, there's not a lot of logic in these movies. It was an experience. I don't know if I'll do another thing like that. I did a thing right after that was like the opposite, this really great David Hare thing got Christopher Walken and Bill Nighy and Ralph Fiennes, and it's about the bringing down of Tony Blair.

Old becomes new

Winona Ryder figures she's hitting that age where everything old becomes new again. In 1994, she played Jo March in the film adaptation of Louisa May Alcott's novel Little Women and she was surprised to learn that Hollywood is going to revisit the material once again in a new film version. "I saw Christian Bale (who plays Laurie in the 1994 version) and I was like, 'Hey, what the hell?' It's just weird when they're redoing your (old stuff)."

It's all words and brilliant and about detention centres being built and money-laundering. So to go from this to that, it's kind of like that thing where I'm glad that I'm older because I would hate to be the ingenue now. It just seems like it would be tough these days.

Allison Janney is more than just a Mom

Gifted and gracious.
Actress adds another role to her repertoire in new Chuck Lorre sitcom

Allison Janney extends the maxim that the best actors can entertain simply by reading a phone book. She manages with commercials.

Her voice is warm and burnished with compassion on radio and TV voiceover spots for a health-care provider, possibly the most melodic soft-sell ever.

Then there's her real craft. Consider, for instance, her sharp, take-no-prisoners delivery as C.J. Gregg in The West Wing, and her manic chatter as a blowsy woman in the indie film The Way Way Back.

Or enjoy the sly purr she employs as Bonnie, a wayward but good-hearted parent and grandparent who's trying to stay reformed in the new CBS sitcom Mom (9:30 EST Monday). Anna Faris co-stars as her similarly imperfect daughter.

"It's acting," Janney said.

"I feel like actors like to be challenged and play all different types of roles. For whatever reason, I've been given the opportunity to do so."

That reason, of course, is she is an enormously gifted and appealing performer with a range that's second to none. Her talent has been on display on Broadway, where she earned Tony nominations for 9 to 5 and A View from the Bridge, and in movies including American Beauty and Drop Dead Gorgeous.

With Mom, Janney sees the best of both worlds, a combination of humour with "serious moments of love or disappointment or fear," not just what she calls the "joke-joke-joke-joke" barrage typical of many TV comedies.

She admits to nervousness at work, from the initial script reading to just before the taping begins. It's characteristic, she said, but also stems from working for a TV comedy master, Chuck Lorre, whose hits include The Big Bang Theory and Two and a Half Men.

"It's scary to do a run-through for Chuck. I don't want to mess it up or miss a laugh," she said.

But Lorre, it seems, is putty in her hands.

"Allison is a writer's dream come true. She can literally do anything. And do it brilliantly," the writer-producer wrote in an email.

THE ASSOCIATED PRESS

Zac Efron. ALL PHOTOS GETTY IMAGES

Efron getting lots of bedside attention

Zac Efron may be dealing with his mouth being wired shut after breaking his jaw, but at least he's not suffering alone. Sources tell Radar Online that Efron's rumoured girlfriend Lily Collins is nursing him back to health.

"Zac is so grateful for Lily. She's being so sweet with him and is going above and beyond to take care of him," a source says.

"She makes him healthy smoothies he can drink through the wire and she's really good emotional support for him right now."

Kelly Osbourne

Osbourne's silence is golden

You won't be hearing from Kelly Osbourne for a bit, as the Fashion Police co-host has been ordered to keep her mouth shut for health reasons.

"According to my (doctor) I have pre-vocal nodes and am on vocal rest for the next two weeks," she posted to Instagram.

"That's worse than prison for me."

She also posted a photo taken down her throat of the nodes that is not for the squeamish.

"This is disgusting," Osbourne wrote. "How much do my vocal cords look like a vagina?"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Crazy is as crazy does

STARGAZING
Malene Arpe
scene@metronews.ca

This week in pee: 1) Eminem says that the only way he could possibly top Kanye West's controversial BBC interview would be to pee on the floor. 2) Christian Bale reveals he told Ben Affleck to make sure his bat suit would allow him to "take a pee without anyone having to help him, because it's a little bit humiliating." 3) Andy Cohen says he made perfume from Lady Gaga's urine after she relieved herself in a bucket on the set of Watch What Happens Live. 4) I may, possibly, for sure, have wet myself when I heard Monty Python is planning a reunion.

Dakota Johnson, who will star in the movie, insists 50 Shades of Grey is "an incredible love story." She then describes One Direction's music as "something that will surely stand the test of time" and notes that Agents of S.H.I.E.L.D. is "the best new TV show in 20, nay 25, years."

This week in back together? 1) There are rumours Ryan Gosling and Rachel McAdams are seeing each other again. 2) Former couple Taylor Swift and Harry Styles may be secretly dating. 3) Robert Pattinson and Kristen Stewart are reportedly sneaking around with each other. 4) There are whispers about Nina Dobrev and Ian Somerhalder having picked up where they left off. 5) It appears the celebrity dating pool has officially dried up. Very, very carefully consider what you do next, Katie Holmes.

Nicole Kidman says in a brand-new interview that winning the Oscar for The Hours showed her "the emptiness of her own life." Later she says that reading her own quote showed her "the inanity of things people will say in interviews."

James Franco's students complain that he falls asleep while teaching. It's completely true. How else would he get material for his multi-media exhibit/coffee table book James Franco's Students Complain He Falls Asleep While Teaching?

Evan Rachel Wood says she doesn't plan to reveal her son's name. Which explains why the boy's grandparents are pestering friends and neighbours with cute photos of Baby Boy We Have No Idea.

Kate Winslet

Family comes first, no matter how big Winslet's arse may get

Actress Kate Winslet, who turned 38 last month and is expecting her third child (her first with hubbie Ned Rocknroll) says she doesn't care about losing the baby weight. Winslet's fluctuating weight has been a popular topic of discussion over the years, in an industry obsessed with superskinny bodies.

Recently Winslet told Italian Vanity Fair: "Honestly, among my acquaintances there is no woman wearing XS. No, sorry, there is one: my daughter. The point is that Mia is 11 years old."

While she believes in being fit and healthy, Winslet says her top priority after giving birth will be spending time with her family — not hitting the gym.

As she told Time Out: "I don't want to spend time thinking about the size of my arse."

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Flu season

Faking it?

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Here are guidelines to tell if a member of your family is really sick or faking.

•Child: Fortunately, most children are very bad actors/liars. You know they're faking their illness if they: A) have a test at school that day B) clutch their stomach seconds after bounding down the stairs and punching a brother on the way C) are hovering suspiciously near a heating vent with a thermometer, or D) ask, "What happens if I feel better around four?" noting a hockey game on the schedule for later that day. A gentle reminder about their negotiating position when it comes to extended curfews is recommended.

• Husband: Guys can be tricky. Some are entirely stoic about broken bones, huge bleeding wounds, and things that went snap, but the slightest sniffle can have them heading for the nearest couch wrapped in a Snuggie. The "man-flu" is well documented and needs no additional space here; we've all had the flu, it sucks, get over yourself. You don't need to announce every little symptom and sigh every 10 minutes. Bottom line? Who cares if he's sick? He's an adult. Let him figure it out.

•Wife: Because she says so.

EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, PUBLISHED BY MCCLELLAND & STEWART, 2013, AND RECENTLY OPTIONED BY WARNER BROTHERS TELEVISION. KATHYBUCKWORTH.COM

Exclusively online

It's one of the biggest parenting challenges of the season: creating the perfect holiday greeting card. Check out this week's exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metronews.ca/voices.

Join the laughter on twitter @mommyreasons.

Tot-sized good and evil

Q&A. Researcher Paul Bloom seeks to answer whether babies are moral beings

Are we naturally good or naturally evil? Cognitive scientist Paul Bloom argues in a new book that we're both.

In Just Babies: The Origins of Good and Evil (Crown), the developmental psychologist and Yale professor takes on the nature of morality and vast research spanning evolutionary biology to philosophy, drawing on everyone from Sigmund Freud to Louis C.K.

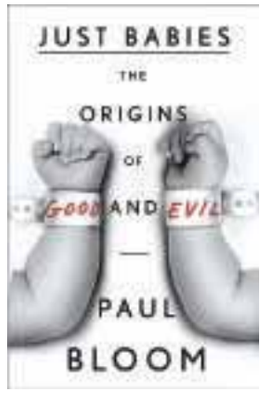
His conclusion? Babies have the capacity for empathy and compassion, possess a limited understanding of justice and have the ability to judge. Yet they navigate not along colour lines but as Us versus Them, usually landing squarely in the Us camp.

According to developmental psychologist Paul Bloom, babies have the capacity for empathy and compassion. ISTOCK

What light do you shed on the "moral sense" of babies?

We're born with this extraordinary moral sense. A sense of right and wrong just comes naturally to humans and shows up in the youngest babies we can study. But this morality is limited. I think tragically limited. So we are morally attuned to those around us, to our kin, to our friends, to those we interact with, and we are utterly cold-blooded toward strangers. To some extent I think babies are natural-born bigots. They are strongly attuned to break the world into Us versus Them and have no moral feelings at all toward the Them, and this shows up all through development.

So in some way, although a lot of morality is inborn, I think the great success of humans ... is expanding and transcending this inborn morality.



Where do serial killers come from?

Serial killers are very unusual people. ... We know that there's genetic differences in people's empathy, in people's compassion and how much they care about other people, in their ability to control violent rages, for example, and I'm sure a serial killer is somebody who has the genetic short end of the stick. Then you toss in certain environments. Your typical serial killer had a very unhappy childhood.

You write about conflicts in research on racial bias in young children.

For kids there's a lot of evidence that they're very strongly biased on Us versus Them if you get them to do it on the basis of things like different coloured T-shirts, for example, but race and skin colour isn't an automatic way of dividing up the world. So you take a two- or three-year-old and typically a two- or three-year-old shows no signs of being racist in any way. When you get older, if kids are in an environment when blacks and whites interact and they're totally mellow with each other and there's not much conflict, they'll see black and white but it won't matter at all. If you're in an environment where it matters then it will matter. Children are extremely prone and very ready to divide the world into groups, but the groups that they focus on is determined through learning. THE ASSOCIATED PRESS

Use tough times as teachable moments

Julianne Harvey, centre, with her daughter Ava, 10, and son William, 7. JEFF MCINTOSH/ THE CANADIAN PRESS

When Julianne Harvey learned her first grader was being picked on last year, her initial instinct was to fix the problem.

But advice from her mother-in-law — who was a longtime elementary school teacher — gave the author and mother of two a fresh perspective.

"She told me: 'Your job is to teach him to stand up for himself. You're not always going to be there to manage things for him, so you need to give him those skills,"' Harvey recalled.

Neuropsychologist Sam Goldstein, co-author of Raising Resilient Children, said individuals learn to deal with adversity by being given the opportunity in a supportive environment to try and learn from their mistakes.

"Resiliency is a process that enables you to function well in the face of adversity," he said from Salt Lake City. "The data's pretty clear that if parents would like their children to be more capable of managing stress, then we have to stress-inoculate them — even from young ages."

Most of the time, children aren't taught resiliency unless they're going to be exposed to a stressful situation, noted David Wolfe, director of the CAMH Centre for Prevention Science in London, Ont.

"We're trying to teach them normal coping methods, and the confusion that comes about with parents — whether it's overblown or not — is: 'Somehow my kid's going to fail. They're not going to cope well; they're going to collapse; they're going to have a disorder,'" said Wolfe, a psychologist and author specializing in issues affecting children and youth.

"A little bit of stress is good. This is an axiom that's been around for a long, long time," he added. "Without stress, a person doesn't learn to cope and they can't live on their own. They can't live independently. They expect everything to happen the way they want it. The balance is between too much stress and enough stress." THE CANADIAN PRESS

If you're considering the temp life — whether you're on the hunt for full-time employment or looking for a way to supplement part-time or freelance work — here are five books worth a read:

VAWN HIMMELSBACH
Metro News

5 must-reads for temp workers

The Freelancer's Bible: Everything You Need to Know to Have the Career of Your Dreams — On Your Terms

Sara Horowitz and Toni Sciarra Poynter

If you're a temp or otherwise self-employed, one of the biggest challenges you'll face is finding work — and then getting paid for it. This reference guide will help you learn the ropes, such as getting clients (and keeping them happy), setting fees; surviving a dry spell, building a reputation, negotiating dos and don'ts, as well as recording-keeping and tax tips.

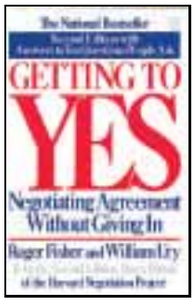
My So-Called Freelance Life

Michelle Goodman

This "girlfriend-to-girlfriend guide" written by a full-time freelancer offers tips and advice on how to leave the cubicle behind and pursue fulfilling work — on your own terms. Blending anecdotes with personal experience, Goodman explains how to get started, create a budget, build clientele (and weed out the bad ones), as well as how to market yourself, negotiate an hourly rate and manage your taxes.

Getting to Yes: Negotiating Agreement Without Giving In

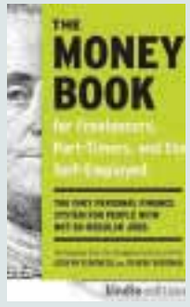
Roger Fisher and William Ury



The revised edition of this classic business book is based on the Harvard Negotiation Project, a group that deals with negotiation and conflict resolution. While it's applicable to anyone, it's particularly useful for temps, who often don't want to rock the boat for fear of never being asked to come back. The book provides a step-by-step strategy for coming to mutually acceptable agreements in any sort of conflict — without getting angry or getting taken advantage of.

The Money Book for Freelancers, Part-Timers, and the Self-Employed: The Only Personal Finance System for People with Not-So-Regular Jobs

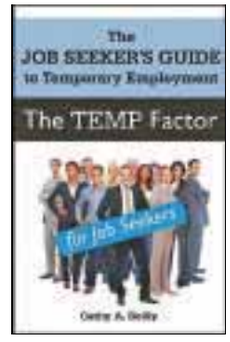
Joseph D'Agnese and Denise Kiernan



If you don't have a cubicle to call your own, you probably don't have benefits or a regular paycheque on the 15th and 30th of each month. The authors of this book have come up with a comprehensive system for earning, spending and saving, peppered with anecdotes from freelancers and interviews with financial experts. Topics include: what to do when a client's cheque doesn't come in and how to plan for retirement.

The Temp Factor for Job Seekers: The Job Seeker's Guide to Temporary Employment

Cathy A. Reilly



Like the title suggests, this book explains the many benefits (and challenges) of temping, such as gaining work experience, expanding networks and avoiding gaps in employment. For those just starting out or looking to "audition" for a job through temp work, this book covers the essentials — what clients and staffing services look for in a temp, how to apply to staffing services and how to set yourself apart from the crowd.

THE UNIVERSITY OF WINNIPEG | DISCOVER · ACHIEVE · BELONG

Future Student Night

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'Round the world wisdom

Pop your bubble and learn to thrive

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Take a walk on life's uneasier side every so often. ISTOCK

We are frequently struck with an idea that takes us out of our comfort zone, yet rarely do we throw caution to the wind and sail towards opportunity.

Encountering hardships in 2008, I sought out a positive challenge that would stand to counter my struggles. Running the Gobi Desert seemed like the perfect challenge: "If I can run the desert, I can handle anything," I told myself.

I trained hard to reinvent myself as a runner, and from a standing start, within five short months I found myself in the Gobi Desert, lacing up my running shoes for a six day race.

At 7 a.m. we took to the startling line. I was terrified. Five hours later, I had finished my first marathon ever. I then did the same, on days two, three and four. On the fifth day I ran 85 km (two marathons), a distance I never imagined walking let alone running.

Every part of the journey was foreign to me. Whenever I stopped to ponder the enormity of the task at hand, I thought, "Wow, I am way outside of my comfort zone, and yet, I'm still here!"

Unexpectedly, I crossed the finish line first in the 40 to 50 age group. I returned with the sincere belief that I could handle the recession, and anything else life threw my way. In fact, before the six-day run, a recession was an event to try to survive. The desert showed me it is possible to thrive. Only by stepping out of our comfort zone can we expand it and ultimately realize what we are truly capable of.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Between meetings at two and achoo!

On-the-job germs. Grumpy tummies and gesundheits are an office inevitability at this time of year, but staying prudent about your health can help both you and your co-workers

JULIA FURLAN
Metro World News

If you feel sick, do your co-workers a solid and stay home. ISTOCK

You can hear it in the chorus of sneezes coming from the cubicle next door: the winter colds are in full Kleenex-piled swing. We asked Kelly Arehart — who manages the Healthy Workplace project, where she analyzes and advises offices all over the world on how to keep germs at bay — how to survive the season.

Arehart likes to start with the basics: no matter how much you play the blame game with friends and family "cold and flu are not discriminatory. Anybody can pick it up throughout their day."

Getting sick is as simple as touching an elevator button or a door handle — things you have to do, you know, to enter your office — so the key is to make sure you have a system in place. Arehart suggests making hand-washing part of the arrival routine, before you even get to your desk.

Oh, and speaking of that petri dish of bacteria you like to call a desk: According to Arehart, desks are commonly overlooked, but they are party central for germs. "They understand they should wash hands (or use sanitizer if they can't) but they miss that surfaces are a risk, a hot spot," she says.

Colds and flus spread easily in offices, subway cars and classrooms because people are sharing space. Part of sharing that space is knowing when you would do better to take the day off and stay home, the CDC guidelines (and Arehart) advise. In a recent survey conducted by Kimberly Clark, they found that 59 per cent of people went to work sick, and three out of 10 of them felt they are too important to their work to not be there.

But overall, one of the easiest ways to fight the sniffles — especially with the planes, trains and automobiles of the holiday season — is to keep your grimy hands away from your gorgeous face.

Getting sick can start with that one little rub of an eye or a nose.

Bless you!

Tips for staying healthy at work during the holidays:

- Wash your hands.
- Keep some surface wipes and hand sanitizer handy and use it to wipe down your work space as well as keep your hands germ-free.
- Try to keep your hands away from your face.
- Wash your hands. Yep, broken record here.

Not just Plastics on today's playground

Boys on the side?
Author whose book inspired Mean Girls movie encourages educators not to put social issues of young males on back burner

Author Rosalind Wiseman is candid in her new book Masterminds and Wingmen, with revelations of experiences with her own sons.
CONTRIBUTED/THE CANADIAN PRESS

The teen comedy Mean Girls was inspired by Rosalind Wiseman's Queen Bees and Wannabes, which offered insight into the dynamics of relationships, cliques and conflicts involving teen girls.

Her latest book Masterminds and Wingmen (Harmony Books) offers a male-focused complement to her groundbreaking bestseller, as Wiseman urges adults to recognize that the emotional needs of boys are also deserving of attention.

"I want people to know that boys want deep relationships, that it makes their lives better; that their friendships are important to them and that they have conflicts like everybody does. And that we have to stop dismissing boys' emotional lives," Wiseman said during a recent interview.

"We don't have to have these Hallmark, 'Sit around in the circle and tell me your deepest feelings (moments).' It's just being able to realize there's a lot going on there, so you can see it; and then realize if you reach out, they're going to come to you if you listen. We just have to do a lot of work first on ourselves."

Mother to sons Elijah, 12, and Roane, 10, Wiseman didn't just focus on her own parenting practices and experiences — she went directly to the source. Wiseman sought out boys willing to open up about a vast range of subjects, from stigma surrounding being gay to girl troubles, gaming, social networking and the roles and hierarchies within social groups.

More than 160 boys offered contributions, which Wiseman said helped shape many of the topics in the book, while also aiding in painting a picture of common challenges and dynamics governing what she termed "Boy World."

"Boys have to hide behind this attitude of, 'I don't care,'" said Wiseman. "One of the things that happened that was really extraordinary was the boys were able to say, and be proud of it ... 'I want to make the world a better place. I want boys to have a better sense of how to get through things than I do, or I did. And so, I'm helping with this project so that that happens.' But I had to prove to them that I would listen to them and that they could disagree with me and I wouldn't shut them down."

Wiseman said she's heard so far from adults who say the book has enlightened them as to why boys clam up when bombarded with questions about how their day went.

THE CANADIAN PRESS

CAREER FINDER

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Competition Number: 952
Classification: Maintenance Tradesperson (HMT)
Salary Range: $43,764 - $49,837 per annum (as per the MGEU - MHA Collective Agreement)
Closing Date: December 3, 2013
An eligibility list may be created for similar positions and will remain in effect for 6 months.
As part of the Employment Equity strategy, preference will be given to the following candidates: women, Aboriginal people, visible minorities and persons with a disability.

Manitoba Housing is a crown corporation that provides a continuum of affordable housing services including rental housing, renovation, and homeownership programs. Manitoba Housing promotes independence and self-sufficiency by providing adequate, safe, and secure housing to people in need. If you are looking for interesting and challenging work, this is a great opportunity to join our team.

Conditions of employment:
- Must be legally entitled to work in Canada
- Current and satisfactory Criminal Records Check and a Child Abuse Registry Check
- Valid class 5F Manitoba Driver's Licence and the ability to provide own transportation and travel within Winnipeg
- Physically capable to perform the duties related to the position
- Must provide own hand tools

QUALIFICATIONS

Essential:
- Previous experience working in a property management environment
- Several years experience in residential and building maintenance repairs including: minor plumbing, carpentry, minor electrical and mechanical
- Experience preparing surfaces for patching and painting
- Experience working with the public providing quality customer service
- Demonstrated ability to work independently with minimal supervision and problem solve effectively on own
- Demonstrated ability to organize and prioritize work
- Good interpersonal and verbal communication skills
- Experience maintaining accurate records/logs
- Demonstrated knowledge of safety policies and procedures
- Ability to work effectively in a team environment

Desirable:
- Previous experience working on boilers, forced air heating systems and air conditioning would be an asset

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The succesful candidate will report to the Maintenance Coordinator and work in Winnipeg, responsible for maintenance repairs to Winnipeg Child and Family Services portfolion offices and shelters. Responsibilites include general maintenane of buildings, properties and grounds to Manitoba Housing standards at all times; inspect and perform maintenance repairs; maintain records for fire life safety systesm; liaise between building occupants and Manitoba Housing; respond to occupants concerns including emergency repairs; adhere to company policies and procedures; other related duties. Manitoba Housing offers an attractive benefits package and pention plan.

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metro
COUPONS
Monday, November 25, 2013

Thanks to the Internet and mobile technology, couponing has become a popular activity with young and old alike. CREATISTA/SHUTTERSTOCK

The changing landscape of couponing

TERESA CHIYKOWSKI
For Metro

Remember when coupons were only available in weekly flyers and local newspapers (maybe you do and maybe you don't)?

Well, that was then and this is now. Thanks to the Internet and mobile technology, couponing has become a popular activity with young and old alike. If you are ready to join the ranks of the more coupon savvy set, here are a few places to zero in on the savings.

Check out these online sites
Bookmarking these popular Canadian sites will enable you to save time and effort when you search for coupons and savings. Visit GoCoupons.ca, Save.ca, WebSaver.ca, SmartCanucks.ca, Dealstreet.ca.

Social media

- Did you know you can find a good variety of in-store coupons on Facebook? Start looking for Facebook coupons by going to the pages of companies in which you are interested. If you "like" their pages, chances are they will eventually post some kind of coupon that will allow you to trim costs.

Sign up for loyalty programs
Loyalty programs can yield big savings so it's often worth the time to register to receive extra coupons and points via mail and email, and to take advantage of special promotions. Grocery and drug stores are the most common examples of loyalty programs.

Grab some in-store coupons
Whenever you are out and about in supermarkets and stores, be on the lookout for tear pad coupons usually located next to the product, or at the end of the grocery aisles. If the expiry is far enough into the future that you will be buying the item multiple times, make sure you stock up.

Get coupons to come to you
If you regularly use products from certain companies, sign up to become a member. You will receive regular special offers for coupons and promotions. Coupons can be found in magazines, too. Keep your eyes open for beauty and food coupons in popular women's magazines.

Binders or file folders can help you keep your cluster of coupons organized. JIM BARBER/SHUTTERSTOCK

Organizing your coupons

TERESA CHIYKOWSKI
For Metro

When it comes to successful couponing, getting organized is half the battle. Once you clip these little money savers, you have to have a place to keep them.

And face it, a cluster of coupons spilling out of your purse or wallet simply isn't practical. Enter the coupon binder or folder — the secret to effective, no-nonsense couponing. You can go as fancy or as basic as you want.

Here are options you might want to consider over the common shoebox.

Make your own binder

Buy a three-ring binder, some page dividers and baseball trading card sheets. Then choose how you want to organize your coupons (alphabetically or by product category such as meat, vegetables, oral hygiene, shampoo, etc.) and label the dividers accordingly. Put the card sheets behind each divider and start sorting. If you have duplicates, simply place them one over the other. Include scissors, a pen, a note pad and a calculator in the binder so you are ready for anything.

Ready-made coupon binders

Purchase a coupon binder or Couponizer. These can be pricier than a do-it-yourself binder, but everything is done for you — the dividers, the inserts and more. They are also available in a range of designs, colours and sizes. It's probably safe to say that if you are a couponer, you might not want to make the investment. After all, who wants to spend all their savings on a binder.

Collapsible accordion file

With built-in dividers and expandable flexible sides, accordion files can come in handy for organizing coupons. They come in different colours and sizes, including wallet sizes that you can carry in your purse. Before you leave for the store, you can transfer relevant coupons to the smaller file from the bigger one for easier portability.

Tracking expiry dates

- Keep the coupons that are about to expire on top of the more recent ones. Make sure you go through your binder or folder every week or two and pull out the expired coupons.

City Jewellers
GRAND OPENING Nov. 29 - Dec. 1, 2013
St. Vital Shopping Centre
30% OFF STORE-WIDE
*St. Vital Location Only
WE REPAIR
• Watches
• Clocks
• Diamond Jewellery
• And More
3 LOCATIONS
• Portage Place Mall 204-957-5994
• Garden City Mall 204-772-7070
• St. Vital Shopping Centre 204-505-5500

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VALID ON ANY ARRANGEMENT OR DIPPED FRUIT BOX
1B - 756 Pembina Hwy Winnipeg, MB P: 204.777.7778
35B - 3 Reenders Drive Winnipeg, MB P: 204.669.6662
Product shown is $38. Offer valid at participating locations shown. Valid on arrangements and dipped fruit boxes only. Offer expires December 31st, 2013. Offer code must be used when placing order. Containers may vary. Delivery not available in all areas. Cannot be combined with any other offer, promotion, coupon or coupon code. Excludes tax and delivery. Not valid on previously purchased items. Acceptance and use of coupon is subject to all applicable laws. Void where prohibited. See store for details. EDIBLE ARRANGEMENTS® & Design and all other marks noted are trademarks of Edible Arrangements, LLC. ©2013 Edible Arrangements, LLC. All rights reserved.

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Feel the warmth with a bowl of Cauliflower Cheddar Soup

1. In pot, combine cauliflower, celery, onion, potatoes, garlic, pepper to taste, broth and water; cover and bring to a boil over high heat. Reduce heat to medium-low, cover and boil gently for 15 to 20 min or until vegetables are soft.

This recipe serves six to eight. MILKCALENDAR.CA

Ingredients

- 9 cups (2.25 l) chopped cauli flower (about 2 lbs/1 kg)
- 2 stalks celery, diced
- 1 onion, chopped
- 3 potatoes, peeled and diced
- 2 tsp (10 ml) minced garlic
- Pepper
- 2 cups (500 ml) reduced-sodium vegetable or chicken broth
- 1 cup (250 ml) water
- 2 tbsp (30 ml) all-purpose flour
- 2-1/2 cups (625 ml) milk
- Ground nutmeg
- 1-1/2 cups (375 ml) shredded Canadian Cheddar cheese, divided
- 1/4 tsp (1 ml) salt (approx.)

2. Whisk flour into milk; pour into pot with nutmeg to taste. Cook, stirring, 3 mins. or until slightly thickened. Remove from heat.

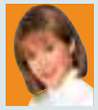
3. Using immersion blender or transferring in batches to an upright blender, purée until smooth.

4. Return to pot, if necessary. Heat over medium heat, stirring often, for about 5 min or until bubbling. Remove from heat and stir in 1 cup (250 ml) of the cheese until melted. Season with pepper and up to 1/4 tsp (1 ml) salt. Ladle into warm bowls and sprinkle with remaining cheese.

JODY SPRIEL OF PLEASANT HILL HOLSTEINS INC. IN ST. MARY'S, ONTARIO/DAIRY FARMERS OF CANADA (MILKCALENDAR.CA)

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Taco Del Mar serves up Mexican favourites but not all are created equal when it comes to fat and calories.

Taco Del Mar Pork Nachos

1,150 calories / 56 g fat
Nachos are never a good choice. Eat too much of this pork variety and you'll start oinking and rolling around in mud.

Equivalent

Taco Del Mar Pork Nachos with cheese, tomato salsa, sour cream and guacamole are equal in calories to 2 lbs of pork chops.

Taco Del Mar Pork Quesadilla with cheese and tomatoes

720 calories / 35 g fat
Enjoy pork in a quesadilla instead. They're perfect for an appetizer to split or as a single meal.

Add a little zing to your devilled eggs

Ingredients

- 12 eggs
- 6 tbsp mayonnaise
- 2 tsp Dijon mustard
- 4 tsp Xyla Buffalo Wing Sauce
- 2 tsp freshly squeezed lime juice (optional)
- Kosher salt
- Freshly ground black pepper
- Paprika and finely chopped fresh chives for garnish (cilantro is nice as well)

1. Hard-boil the eggs and cool. Once cooled, peel, halve and carefully remove the yolks. Reserve the whites.

2. Combine the egg yolks, mayonnaise, Dijon, Xyla Buffalo Wing Sauce, and lime juice in a medium non-reactive bowl. Season well with salt and pepper, then mix well until the yolks are broken up and the ingredients are well mixed.

3. Evenly pipe or spoon the yolk mixture into the reserved egg white halves (a zip close bag with the corner cut off does a great job). As desired, sprinkle with paprika and chives for garnish. It would be practical and easy to transport if you have a devilled egg container, but opting for cupcake liners in a muffin tin works well too.

JULIE REID, XYLITOLCANADA.COM

CFL

Mayor Katz sets sights on Grey Cup bid

While the Blue Bombers are having trouble fielding a team that can compete for a Grey Cup, the city hopes a $1-million grant will help the team at least win a bid to bring the CFL's championship game to Winnipeg.

On Friday, Mayor Sam Katz announced he'd move a motion at Wednesday's Executive Policy Committee that would see the city hand the team a $680,000 grant and up to $320,000 as an in-kind contribution of city services to help bring the Grey Cup to Winnipeg in 2015 or 2016.

"Hosting the Grey Cup is a great opportunity to showcase our City, as well as provide a boost to the local economy," said Katz in a release. "Winnipeggers are ready to show, once again, why our city is known for its warm hospitality, passionate volunteerism, and tremendous spirit."

The city estimates the Grey Cup would bring more than $100 million into Winnipeg's economy. METRO

Soccer

Canadian women settle for draw

The Canadian women created a number of chances but settled for a 0-0 draw with Mexico in a friendly on Sunday in Vancouver.

Canada, ranked seventh in the world, had a chance to grab the lead in the 48th minute, but Sophie Schmidt sliced a cross from Brittany Baxter over the Mexican goal.

THE CANADIAN PRESS

Roughriders quarterback Darian Durant evades Tiger-Cats defensive lineman Torrey Davis during the Grey Cup game on Sunday night at Mosaic Stadium in Regina. LIAM RICHARDS/THE CANADIAN PRESS

Roughriders set off party on the Prairies

CFL playoffs. Record-setting performance by Sheets leads Riders to championship victory

Grey Cup game

Roughriders	Tiger-Cats
45	23

MVP Kory Sheets ran for a record 197 yards and two TDs to power the Saskatchewan Roughriders to a 45-23 win over the Hamilton Tiger-Cats in the 101st Grey Cup game Sunday night in Regina.

Sheets delighted the raucous partisan Riders sellout gathering of 44,710 by smashing the previous mark of 169 yards, set in 1956 by Edmonton's Johnny Bright. Sheets was especially impressive in the first half, running for 128 yards and a TD in leading Saskatchewan to a commanding 31-6 halftime advantage.

Saskatchewan slotback Chris Getzlaf was the game's top Canadian.

Quarterback Henry Burris, who rallied Hamilton from a 24-10 deficit to beat Toronto 36-24 in the East final, pulled Hamilton to within 31-16 early in the third on his 18-yard TD run and a drive that Luca Congi capped with 33-yard field goal early in the fourth. But Sheets cemented the win with a five-yard touchdown with just over five minutes remaining.

Weather was a consideration but not because of the frigid temperatures that gripped the city last week. At kickoff, it was 1 C and had only dropped to -2 C at the end of the game.

The biggest obstacle was the brisk northwest breeze that gusted between 30 and 50 km/h throughout.

THE CANADIAN PRESS

Panthers win again down home stretch

Cam Newton angrily slapped his hands together and stared into the end-zone stands, watching Miami Dolphins fans celebrate the interception he had just thrown.

His mistake helped put the Carolina Panthers in a deep hole Sunday, but Newton knew how to get out.

He led a late comeback for the second time in a week, converting a fourth-and-10 situation at his 20 with a completion to keep the Panthers' final possession alive, and their touchdown with 43 seconds left beat Miami 20-16.

On Sunday

Panthers	Dolphins
20	16

The Panthers (8-3) overcame a 16-3 first-half deficit for their seventh win in a row, their longest streak since 2003.

"It may not be pretty," Newton said, "but at the end of the game we get that three-letter word, and that's gorgeous."

Newton hit Greg Olsen with a one-yard pass for the winning score to cap a 12-play drive. Carolina also rallied past the New England Patriots with a late drive last Monday.

The Dolphins (5-6) fell to 2-2 since tackle Jonathan Martin left the team amidst a bullying scandal.

THE ASSOCIATED PRESS

Carolina Panthers quarterback Cam Newton rushes for a touchdown against the Dolphins on Sunday in Miami. MIKE EHRMANN/GETTY IMAGES

4 SPORTS

Staal has 3-point night as Hurricanes bowl Senators over

NHL. Coach MacLean calls out Ottawa on 'self-inflicted' errors in 4-1 loss to Carolina

The Hurricanes' Kevin Westgarth sends the Senators' Mark Borowiecki head-first into the boards during the first period in Raleigh, N.C., on Sunday. Westgarth received two minutes for boarding. KARL B. DEBLAKER/THE ASSOCIATED PRESS

Cam Ward has made many, many saves in his NHL career. Still, he can appreciate a good one.

Ward stopped 35 shots in the Carolina Hurricane's 4-1 over the Ottawa Senators on Sunday night, with none more entertaining than his desperation stick save against Colin Greening in the first period.

"I had goosebumps after that one," Ward said. "We play this game for a living but when you make a save like that, I turn into a little kid. It also was a sigh of relief to get that save because that was a big part of the game in the first period."

Lehner's effort falls short

Ottawa goalie Robin Lehner was solid except for the six-minute stretch in the second period, finishing with 33 saves.

Ward had already given up a rebound goal to Jason Spezza 1:07 into the game when he stopped Greening to keep it close for Carolina, who scored three times in the second to take command.

Ward said his confidence grew immensely playing on consecutive days for the first time this season. He missed 10 games with a lower-body injury and returned to the lineup on Nov. 18.

Eric Staal had a goal and two assists, and Patrick Dwyer, Tuomo Ruutu and rookie Elias Lindholm each scored for the Hurricanes, who have won 10 of 11 at home against Ottawa. Staal scored an empty-net goal with 2:29 left.

With both teams playing the second of back-to-back games, it was visiting Ottawa that jumped out early on Spezza's 10th of the season.

But Ottawa coach Paul MacLean said his team didn't play hard enough to win.

"We don't play long enough to consistently win," MacLean said. "A three-minute span in the second period and we end up making two costly errors that were self-inflicted. One ends up in our net and the other ends up in penalty, then ends up in our net."

THE ASSOCIATED PRESS

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NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	23	15	6	2	64	43	32
Toronto	23	14	8	1	66	54	29
Tampa Bay	23	14	8	1	67	61	29
Detroit	25	11	7	7	63	70	29
Montreal	24	13	9	2	64	51	28
Ottawa	24	9	11	4	68	77	22
Florida	24	6	13	5	53	80	17
Buffalo	25	5	19	1	44	79	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	24	15	9	0	69	54	30
Washington	24	12	10	2	72	68	26
NY Rangers	23	12	11	0	48	54	24
New Jersey	23	9	9	5	49	55	23
Carolina	24	9	10	5	49	67	23
Philadelphia	22	10	10	2	49	53	22
Columbus	23	8	12	3	56	71	19
NY Islanders	24	8	13	3	68	82	19

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	24	16	4	4	87	70	36
St. Louis	22	16	3	3	79	50	35
Colorado	22	17	5	0	69	45	34
Minnesota	24	15	5	4	64	55	34
Dallas	22	11	9	2	61	65	24
Nashville	23	11	10	2	52	67	24
Winnipeg	25	10	11	4	66	75	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	26	17	6	3	80	65	37
San Jose	23	15	3	5	79	52	35
Los Angeles	24	15	6	3	64	51	33
Phoenix	23	14	5	4	78	74	32
Vancouver	25	12	9	4	65	65	28
Calgary	23	8	11	4	64	84	20
Edmonton	24	7	15	2	64	84	16

Note: Two points for a win, one point for overtime loss.

Sunday's results
Carolina 4 Ottawa 1
Detroit 3 Buffalo 1
Saturday's results
Boston 3 Carolina 2 (OT)
Minnesota 3 Winnipeg 2 (SO)
Montreal 3 Pittsburgh 2
Toronto 2 Washington 1 (SO)
Ottawa 4 Detroit 2
Philadelphia 5 NY Islanders 2
NY Rangers 2 Nashville 0
St. Louis 6 Dallas 1
Anaheim 4 Phoenix 2
Chicago 2 Vancouver 1
San Jose 2 New Jersey 1
Colorado 1 Los Angeles 0 (OT)
Monday's games — All Times Eastern
Winnipeg at New Jersey, 7 p.m.
Pittsburgh at Boston, 7 p.m.
Columbus at Toronto, 7 p.m.
Philadelphia at Florida, 7:30 p.m.
NY Rangers at Tampa Bay, 7:30 p.m.
Phoenix at Nashville, 8 p.m.
Minnesota at St. Louis, 8 p.m.
Chicago at Edmonton, 9:30 p.m.
Los Angeles at Vancouver, 10 p.m.
Tuesday's game
Anaheim at Dallas, 8 p.m.

NFL

WEEK 12

Sunday's results
Carolina 20 Miami 16
Baltimore 19 N.Y. Jets 3
Tampa Bay 24 Detroit 21
St. Louis 42 Chicago 21
Pittsburgh 27 Cleveland 11
Jacksonville 13 Houston 6
San Diego 41 Kansas City 38
Green Bay 26 Minnesota 26
Arizona 40 Indianapolis 11
Tennessee 23 Oakland 19
Dallas 24 N.Y. Giants 21
Denver at New England
Monday's game — All Times Eastern
San Francisco at Washington, 8:40 p.m.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

EASTERN CONFERENCE
Saturday's result
Sporting KC 2 Houston 1
(Sporting KC advances 2-1 on aggregate)

WESTERN CONFERENCE
Sunday's result
Real Salt Lake at Portland
(Real Salt Lake leads 4-2 on aggregate)

MLS CUP

Saturday, Dec. 7
Sporting KC vs. Real Salt Lake-Portland winner, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	12	1	.923	—
Miami	10	3	.769	2
Atlanta	8	6	.571	4 1/2
Toronto	6	7	.462	6
Chicago	6	6	.500	5 1/2
Charlotte	7	7	.500	5 1/2
Philadelphia	6	9	.400	7
Detroit	5	8	.385	7
Washington	5	8	.385	7
Boston	5	10	.333	8
Orlando	4	9	.308	8
Cleveland	4	10	.286	8 1/2
New York	3	9	.250	8 1/2
Brooklyn	3	10	.231	9
Milwaukee	2	10	.167	9 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	12	1	.923	—
Portland	12	2	.857	1/2
Oklahoma City	9	3	.750	2 1/2
L.A. Clippers	10	5	.667	3
Houston	9	5	.643	3 1/2
Dallas	9	5	.643	3 1/2
Golden State	8	6	.571	4 1/2
Memphis	7	6	.538	5
Phoenix	7	6	.538	5
Minnesota	8	7	.533	5
Denver	6	6	.500	5 1/2
New Orleans	6	6	.500	5 1/2
L.A. Lakers	6	7	.462	6
Sacramento	4	8	.333	7 1/2
Utah	1	14	.067	12

Sunday's results
Detroit 109 Brooklyn 97
L.A. Clippers 121 Chicago 82
Phoenix 104 Orlando 96
Oklahoma City 95 Utah 73
Sacramento at L.A. Lakers
Monday's games — All Times Eastern
Minnesota at Indiana, 7 p.m.
Boston at Charlotte, 7 p.m.
Phoenix at Miami, 7:30 p.m.
Milwaukee at Detroit, 7:30 p.m.
Houston at Memphis, 8 p.m.
Denver at Dallas, 8:30 p.m.
New Orleans at San Antonio, 8:30 p.m.
Chicago at Utah, 9 p.m.
New York at Portland, 10 p.m.

CFL PLAYOFFS

101ST GREY CUP

At Regina, Sask.
Sunday's result
Saskatchewan 45 Hamilton 23

Horoscopes

♈ Aries
March 21 - April 20
Even an Aries has to take orders from some people and one such individual will demand you show them the respect they think they deserve. Let them have it.

♉ Taurus
April 21 - May 21
Your ideas and opinions will change radically over the next few days — which is not like you at all. It won't worry you, but some people may be concerned you are acting out of character.

♊ Gemini
May 22 - June 21
You seem strangely dissatisfied at the moment and can't quite put your finger on why that is. As the Sun moves deeper into your opposite sign partners and loved ones will help you find out.

♋ Cancer
June 22 - July 23
Act first and worry about the consequences later. Better still, don't worry about the consequences at all. Be ready and willing to take a few risks over the next seven days.

♌ Leo
July 24 - Aug. 23
How you start the week will determine what sort of week you are going to have. If someone tries to pile lots of work on you, just say no.

♍ Virgo
Aug. 24 - Sept. 23
Creative matters will become more important to you as the week progresses, but today, focus on getting domestic affairs in order. What can you do to reassure loved ones that their needs are your number one concern?

♎ Libra
Sept. 24 - Oct. 23
You don't need to make excuses if you want to be by yourself. Others may think you are being anti-social, and maybe you are, but so what?

♏ Scorpio
Oct. 24 - Nov. 22
Keep travel plans to a minimum over the next 24 hours because there could be hold-ups and setbacks which get you frustrated.

♐ Sagittarius
Nov. 23 - Dec. 21
You will get the opportunity to go back and set something right, and if you are smart you will seize it with both hands. If you don't it will continue to prey on your mind and hold you back.

♑ Capricorn
Dec. 22 - Jan. 20
You may not want to cause offense, either at home or at work, but you must speak your mind today, no matter what the effects may be. Let others know you have strong principles and opinions.

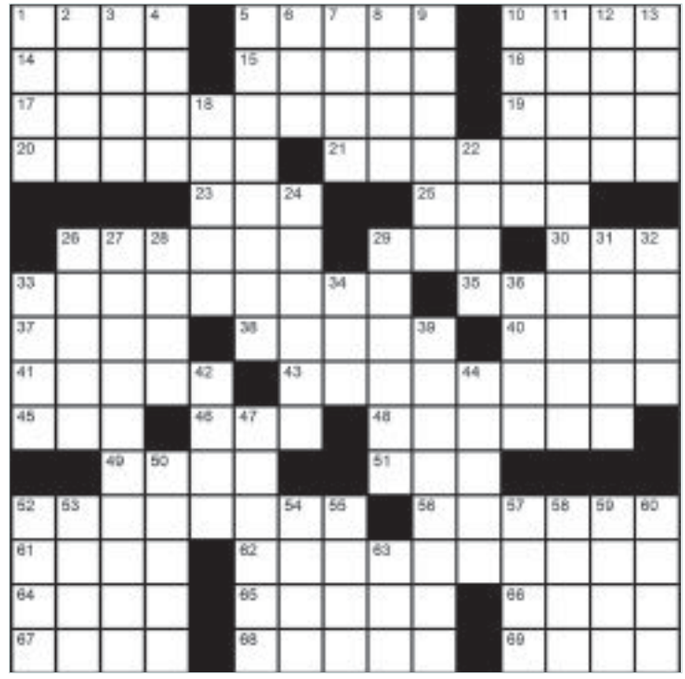
♒ Aquarius
Jan. 21 - Feb. 19
For one reason or another you find it hard to get along with certain people and you must not try to force yourself to work with them. There is more than enough space to do your own thing.

♓ Pisces
Feb. 20 - March 20
The more others try to tie you down the more likely it is you will strive to break free. Especially at work, you just can't see the point of hammering away at the same problems. Do something different this week. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

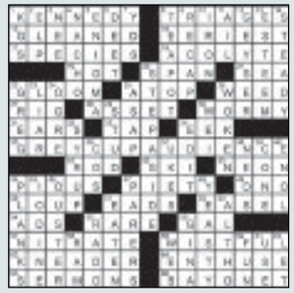
BY KELLY ANN BUCHANAN



Across
1. Miley Cyrus' momager
5. Russian refusals
10. Way off
14. Currency exchange fee
15. Denmark's __ Islands
16. Cautious
17. Exercise for some pet owners: 2 wds.
19. Aboard the ship
20. Within reach: 2 wds.
21. I'll Be Loving You by The __ __ & BBQ Show (Montreal duo whose music the late great Lou Reed admired)
23. Fast food chain: letter + symbol + letter
25. Dedicated to the __ _ Love by The Shirelles
26. Ms. Copps
29. Cape Town's home [acronym]
30. 'Electr' ender
33. Medieval killer: 2 wds.
35. Receded
37. L.A.'s state
38. Canadian skating great/choreographer, Sandra __
40. Nero's 2051
41. Amadeus (1984) star Tom
43. Hit for rapper Gerardo: 2 wds.
45. Card game
46. Author Mr. Lawrence, et al.
48. Surface
49. Bargain
51. Nature's coat
52. Company chatter: 2 wds.
56. Cone-shaped dwelling
61. Holly __ Trio
62. Join in Klondike fun: 3 wds.
64. Competent
65. Phoney well-wishery
66. __ _ Want by Irish band Kodaline
67. Yo-Yos
68. Advice columnist Ann Landers aka __ Lederer
69. Requires directions

Down
1. "All done!"
2. Jazz classic: _ __ Rhythm
3. Wistful utterance
4. This is __ _ Heart Breaks by Rob Thomas
5. East Coast region: abbr. + symbol + abbr.
6. Yakety __ by The Coasters
7. Mr. Estrada
8. Ms. Braxton
9. Repetition marks, in music
10. Conscious
11. Vogue, e.g.: 2 wds.
12. Locale
13. Mr. Seacrest
18. Hammer _ __ in
22. Eat at
24. Bets
26. '70s idol, Mr. Cassidy
27. Broadway musical!: 2 wds.
28. Larger-than-life
29. Applied a cold pack again
31. Check out, __ into
32. Ms. Falco
33. Songbook standard: Ac-Cent-__-Ate the Positive
34. Submachine gun variety
36. Russia/China border river
39. Disco hit for Canadian singer France Joli: 3 wds.
42. Coup d'__
44. Waste place
47. Pass
50. Blades
52. "Vamoose!"
53. Freight train rider
54. Desk light
55. Start to 'sack'
57. Equal, in Paris
58. On-a-horse sport
59. Building wings
60. Change
63. __-End? by Brit singer Kate Nash

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

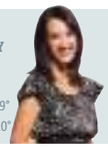
	6		7	8				
	5		2				3	8
		3	6			7		
						5	7	6
5				2				3
4	7	1						
		9			2	4		
3	4				6		8	
				9	8		1	

Friday's Sudoku

4	3	1	8	2	6	9	5	7
2	9	7	5	1	4	8	6	3
5	6	8	3	7	9	1	2	4
7	5	9	4	6	2	3	8	1
3	8	4	9	5	1	6	7	2
6	1	2	7	8	3	5	4	9
9	2	3	6	4	8	7	1	5
1	7	6	2	9	5	4	3	8
8	4	5	1	3	7	2	9	6

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: -8° MIN: -19°	MAX: -7° MIN: -16°	MAX: -9° MIN: -10°



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WEATHER SPECIALIST
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